

SEMANA DEL 12 AL 18 DE NOVIEMBRE											
	LUNES	SALA	MARTES	SALA	MIERCOLES	SALA	JUEVES	SALA	VIERNES	SALA	
08:00h-08:30h	CICLO INDOOR	CI			CICLO INDOOR	CI			CICLO INDOOR	CI	
09:30h-10:25h	PILATES	S2	PILATES	S2	PILATES	S2	PILATES	S2	PILATES	S2	
10:30h-11:00h			Glúteos Brasileiros ® Solo chicas	S2			CICLO INDOOR	CI			
10:30h-11:30h	ZUMBA	S2			ZUMBA	S2			ZUMBA	S2	
10:30h-11:30h			PERFECT BODY	S2			HAMMER PUMP	S1			
11:00h-12:00h									Glúteos Brasileiros ® Solo chicas	S2	
11:30h-12:00h					Perfect	S2					
11:30h-12:15h	HAMMER PUMP	S1					indoorwalking	IW	ABDOMEN	S2	
12:00h-12:30h			CICLO INDOOR 45'	CI			indoorwalking	IW	ABDOMEN 45'	S2	
12:15h-13:00h	indoorwalking	IW			CICLO INDOOR	CI	Glúteos Brasileiros ® Solo chicas	S2	CICLO INDOOR 45'	CI	
12:30h-13:00h	BOXEO	S1			BOXEO	S1			BOXEO	S1	
12:30h-13:00h	BOXEO	S1			BOXEO	S1			BOXEO	S1	
14:00h-15:00h	CICLO INDOOR	CI	HAMMER PUMP	S1	CICLO INDOOR	CI	CICLO INDOOR 45'	CI			
14:30h-15:15h	CICLO INDOOR	CI	HAMMER PUMP	S1	CICLO INDOOR	CI	CICLO INDOOR 45'	CI			
17:00h-17:30h	Glúteos Brasileiros ® Solo chicas	S2	ABDOMEN	S2	Glúteos Brasileiros ® Solo chicas	S2					
17:00h-18:00h							HAMMER PUMP	S1			
17:30h-18:00h			indoorwalking	IW	indoorwalking	IW			Perfect	S2	
17:30h-18:30h	HAMMER PUMP	S1									
18:00h-18:30h	indoorwalking	IW	CICLO INDOOR	CI	CICLO INDOOR	CI	CICLO INDOOR	CI			
18:00h-19:00h	CICLO INDOOR	CI	Perfect	S2	HAMMER PUMP	S1	Glúteos Brasileiros ® Solo chicas	S2			
18:30h-19:00h	CICLO INDOOR	CI					CROSSTRAINING	SF			
18:30h-19:00h	PILATES	S2			PILATES	S2			PILATES	S2	
18:35h-19:05h			indoorwalking	IW							
19:00h-19:30h	CICLO INDOOR	CI			CICLO INDOOR	CI	indoorwalking	IW	CICLO INDOOR	CI	
19:00h-19:30h	Avanzado	S1	PILATES	S2	BOXEO	S1	ABDOMEN	S2			
19:00h-20:00h	BOXEO	S1	PILATES	S2	BOXEO	S1	ZUMBA	S1			
19:05h-19:35h			HAMMER PUMP	S1							
19:05h-20:05h			CICLO INDOOR	CI							
19:15h-20:00h							CICLO INDOOR	CI			
19:30h-20:00h	CICLO INDOOR	CI					CROSSTRAINING	SF			
19:30h-20:15h	Glúteos Brasileiros ®	S2			CICLO INDOOR	CI					
19:35h-20:05h	indoorwalking	IW							BOXEO	S2	
19:35h-20:05h					ZUMBA	S2	Perfect	S2	HAMMER PUMP	S1	
19:35h-20:35h							indoorwalking	IW			
20:00h-20:30h							CICLO INDOOR	CI			
20:00h-20:30h	ABDOMEN	S1	ABDOMEN	S1	ABDOMEN	S1					
20:05h-20:35h			CICLO INDOOR	CI							
20:05h-20:35h	ZUMBA	S2	Glúteos Brasileiros ®	S2							
20:05h-21:00h	CICLO INDOOR	CI			CICLO INDOOR	CI					
20:15h-21:00h	indoorwalking	IW			Glúteos Brasileiros ®	S2	CROSSTRAINING	SF			
20:35h-21:05h					indoorwalking	IW	CICLO INDOOR	CI	indoorwalking	IW	
20:35h-21:05h			PERFECT BODY	S2			HAMMER PUMP	S1			
20:35h-21:35h	BOXEO	S1			BOXEO	S1	Twet King	S2	BOXEO	S1	
20:35h-21:35h											
20:35h-21:35h			CICLO INDOOR	CI							
20:45h-21:30h					ABDOMEN	S2					
21:05h-21:35h	Perfect	S2									
21:05h-22:05h			Glúteos Brasileiros ® Solo chicas	S2							
21:35h-22:05h											
12:00h-13:00h	SABADO HAMMER PUMP	S1	DE LUNES A JUEVES DE				NO TIENES EXCUSA! NOSOTROS				SABADO
13:00h-13:45h	CICLO INDOOR	CI	17.00H A 18.30H				NOS ENCARGAMOS DE TUS HIJOS				13:00h-13:45h

